

When Labor Begins

You have now entered your 35th week of pregnancy. CONGRATULATIONS!

Now would be a good time to do a final check to make sure you are ready for the arrival of your new family member.

- Your home is prepared.
- You have registered with the hospital where you plan to deliver.
- You have selected a pediatrician.

Now all you have to do is wait for labor to begin

When labor starts call your Health Care Provider at one of the numbers listed below. If the office is closed the answering service will contact your Health Care Provider and give them your name and number. They will then contact you with instructions.

IF IT IS AN EMERGENCY YOU ARE TO GO DIRECTLY TO THE HOSPITAL OR CALL 911.

Signs of Labor

CALL if you have any of the following signs and symptoms:

- > Regular uncomfortable contractions 4-5 minutes apart lasting 45-60 seconds for at least an hour.
- > Increase in pelvic pressure.
- > Leaking any fluid.
- > Bleeding or increase in vaginal discharge.
- > Decrease in baby activity. (less than 10 movements in an hour once a day)
- > Call for any questions or concerns.

Your Health Care Provider may give you additional instructions to follow depending on your individual needs.

PHONE LIST

FT MYERS

9021 Park Royal Drive 432-5858

CAPE CORAL

1265 Viscaya Pkwy 574-2229

PROVIDING COMPASSIONATE, EXPERT CARE IN THREE CONVENIENT LOCATIONS

1265 Viscaya Parkway	Cape Coral, Florida 33990	(239) 574-2229
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